

Nutrition: Complementary & Alternative Choices

Athletes - Performance, Injuries & High Energy Activities

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.
This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Nutrition Pure and Simple Product	Quan/Day
High potency, broad spectrum, multiple vitamin and mineral formulation	Ultra Vites *, **	2
Essential Fatty Acids to modulate Inflammation	Ultra Omega-Linic	4 - 8
Vitamin D3	Vitamins D3+K or Vitamin D3 5000	1
Calcium & Magnesium in a 1:1 ratio and high doses	Calcium 280 and D Ultra-Magnesium Chelate	2-3 2-3
Pain relief alternative to NSAIDs	Yucca	2, 3 or 4 x per day
MSM, 3 to 6 grams orally. Use pre and post exercise to prevent or treat soreness.	MSM-750 (capsules) Opti-MSM Lotion Plus	3 - 8 as needed
Anti Oxidants		
Vitamin E mixed tocopherols	Vitamin E-400	1
Vitamin C	Ultra-C 1000	2
Coenzyme Q10 - especially the older athlete	Ultra-CoQ10 100	2 - 4
Alpha lipoic acid	Alpha Lipoic (Renewal)	1 or 2
For swelling and inflammation	Inflamease	2, 4 x per day
Energy and Endurance		
medium chain fatty acids for ketones - pre & post exercise	Ultra Monolaurin	1/2 tsp pre 1/2 tsp post
Amino acids @ 2 grams, increase to 5 or 6 gm. High doses can cause GI distress.	L-Arginine before exercise. L-Lysine	4 4
In addition, use a complete protein to avoid the "limiting" amino acid.	Spirula capsules	6
Other		
For fractures	Ultra Strontium *** (see warning below)	3
For cartilage	Chondroitin-Glucosamine Plus	4 x day

* limit vitamin A to 5000 iu in females who might become pregnant

**use a multi without iron unless there is a known need for iron (example: a female who is menstruating) because iron is contraindicated in times of high oxidative stress.

***WARNING: do not use in young athletes before growth lines have closed

INFORMATION RELEVANT TO SUDDEN DEATH

WARNING about Aspartame

Aspartame seems to be especially dangerous for young athletes, high energy persons, and those drinking 'diet' pop. Aspartame breakdown products release norepinephrine, epinephrine dopamine, and free methanol. It fosters other problems, such as excessive insulin release. It has adversely affected previously well individuals, such as pilots, drivers and *athletes*. There is a paper written by H.J. Roberts, MD, FACP, FCCP, which he wrote because so many athletes are dropping dead. Aspartame can and does interact with medications as well as with other natural substances. Be wary! Ps The new name for Aspartame is AminoSweet!

"Over 460,000 people annually die of a disorder called sudden cardiac death" (CDC statistic). This condition strikes otherwise healthy people who have experienced no obvious symptoms of heart disease prior to their abrupt deaths. This includes an alarming number of young athletes and professional athletes. A mechanism has been proposed ... the excitotoxin damage caused by food additives and aspartame is ignored, despite growing evidence that excitotoxin plays a major role in cardiac disease.

Low magnesium, high calcium, low fatty acids plus excitotoxins under conditions of strenuous exercise, especially in extreme heat, along with the use of carbonated drinks, leads to a deadly result.

Young people live on junk foods, and several studies have shown that the levels of excitotoxic additives in this food is equal to those that cause damage in experimental animals; and humans are 5 times more sensitive to these toxins than any animal.

SPECIAL RECOMMENDATIONS FOR ATHLETES AND THOSE WITH HIGH ENERGY ACTIVITIES

All people eating the typical "Western Diet" will benefit greatly from a good multiple vitamin formulation like **Ultra Vites**, and essential fatty acids as are in **Ultra Omega-Linic**. Athletes and those with high energy expenditures should prevent carbohydrate depletion and dehydration. Magnesium depletion can be a severe life threatening problem.

The increased needs of the athlete from extra activities which push the body to its limit, take a toll. Sweating, tissue wear and tear, and healing injuries make demands for special support. Be sure to eat a diet of adequate protein providing all of the essential amino acids. Drink water to replace fluids lost during exercise. The other nutrients must also be available to the body in greater than normal quantities. Following the nutritional recommendations shown above will provide adequate amounts of the necessary nutrients.

The anti oxidant nutrients are vitamins E and C, CoQ10 and Alpha Lipoic acid. Anti oxidants are important to reduce tissue irritations, inflammations and loss of energy from free radicals caused by the oxidative stress of extreme exercise and body exertion.

Yucca relieves pain, and for most people it is equivalent to the pain relief seen with the use of NSAIDs (which has side effects). Use 2 Yucca 3 or 4 times per day as needed for pain.

MSM-750 has been shown to be very helpful in the prevention of soreness when taken pre and post exercise/exertion. In addition, it's anti inflammatory and pain relieving properties are very helpful when healing injuries. **Opti-MSM Lotion Plus** is a very effective topical pain relieving lotion.

SPORTS and ENERGY

Ultra Monolaurin is a 90% pure distillate of coconut oil - a popular source of Medium Chain Fatty Acids (aka Triglycerides (MCFAs or MCT)). Sports, exercise, and hard physical labor all use a lot of energy. Nutritional supplementation for Athletes can affect (and effect) performance and help injury recovery. MCFAs are metabolized to ketones which the body uses like glucose for energy production. Ultra Monolaurin (and / or coconut oil) should be taken before exercise for more strength and endurance. If taken afterwards it leads to faster recovery and provides energy to prevent muscle loss.

AMINO ACIDS

In general - begin any AA at 2 grams , increase to 5 or 6 grams. High doses can cause cramping and/or diarrhea.

- A large percentage of Amino Acids are metabolized to carbohydrate on the first pass through the liver.
- The Amino Acids work better when taken together rather than individually.
- Consider **Spirulina**, a natural protein source with antioxidants, phytonutrients and other benefits.
- **L-Arginine** (500 mg L-Arginine) - can be used pre exercise to stimulate the production of growth hormone. Herpes type I or II can be flared by L-arginine.
- If this occurs take **L-Lysine** gram for gram with L-arginine. If herpes is still a problem, just use L-lysine.
- Eat an adequate protein diet providing all of the essential amino acids.

PERFORMANCE:

- Combat the effects of fatigue, especially for endurance sports.
- Carbohydrate depletion and dehydration cause fatigue. In addition to Ultra Omega-Linic (which provides long chain fatty acids) and Ultra Vites, many report an increased level of energy, endurance and shortened recovery time from the use of **Ultra Monolaurin**. This effect comes from the conversion of monolaurin in the body to ketones, which can be metabolized as easily as glucose.
- Magnesium depletion produces the most significant negative effect

Vitamins & Performance

A, Bs, C, D, E - (Ultra Vites has a high level of all vitamins, especially the B vitamins)

Minerals & Performance

Mg, Zn, Fe, Ca (bone strength) - (UltraVites contains chelated, bio available minerals)

Calcium D chelate and Ultra-Magnesium chelate (for high levels of chelated minerals)

INJURIES:

- Always include Ultra Omega-Linic and Ultra Vites to insure that all nutrients & anti oxidants are available to the body
- **Inflamease** and **Ultra Omega-Linic** combat inflammation and promote healing
- **MSM-750** (capsules) and **Opti-MSM Lotion Plus** combat pain and inflammation

Soft tissue Injuries result in inflammation

- Proteolytic Enzymes - use **Inflamease** at 4 per day
- **Ultra Omega-Linic** for inflammation - 8-12 per day is most effective
- with cartilaginous injuries consider Chondroitin-Glucosamine Plus (**Phyto Flex Extra**)

Fracture Injuries

- Use the Ultra Omega-Linic and Ultra Vites to cover all the nutritional bases
- Vitamins D3+K or Vitamin D3 5000 1 per day
NOTE: Vitamin K should be used under medical supervision when taking anticoagulant drugs
- Increase Calcium & Magnesium to 6 Calcium D chelate + 2 Ultra Magnesium Chelate capsules per day
- MSM-750 will speed the healing process and minimize the pain.
- Ultra-Strontium 3 per day away from other minerals and food - WARNING: Strontium can cause premature closure of growth plates so it is contraindicated for children and adolescents until these plates are closed.

Wound/Skin trauma Injuries

- Opti-MSM lotion Plus can be rubbed on as often as needed
- MSM-750 (capsules) 3 to 6
- Vitamins C, A, E, which are an integral part of the protocols above

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